

## ***Public Transportation***

Getting North Carolinians where they want to go is the mission of the state's public transportation systems. Urban, rural and regional public transit systems provide mobility for citizens without a vehicle and for those who prefer to let someone else do the driving. At work in all 100 counties, public transportation provides access to employment, education, medical services, shopping and recreational activities. Safe and efficient public transportation means better mobility, continued economic growth, a cleaner environment and improved quality of life. For more information, visit [www.ncdot.org/transit/transitnet](http://www.ncdot.org/transit/transitnet).

## ***North Carolina's Amtrak Service***

With four passenger trains providing daily service to 12 cities and towns, North Carolina's Amtrak is your connection to Raleigh, Greensboro, Charlotte and many towns in between. The Winston-Salem Connector offers shuttle service between the High Point train station and downtown Winston-Salem. Local transit is available in most cities along the route.

For train schedules, fares and ticket information, call 1-800-USA-RAIL (872-7245) or visit [www.bytrain.org](http://www.bytrain.org). For best fares, book early.

## ***Bicycle and Pedestrian***

North Carolina has an extensive system of more than 5,000 miles of cross-state, regional and local mapped and signed bicycle routes along lightly traveled, scenic roads. These routes connect the state's towns and cities, as well as other points of interest. Call (919) 807-0777 or check

the list of available maps at [www.ncdot.org/transit/bicycle](http://www.ncdot.org/transit/bicycle).

## ***Governor's Highway Safety Program***

NCDOT's Governor's Highway Safety Program oversees initiatives related to highway safety, such as seat belt use, driving while impaired, speeding and aggressive driving. The office works closely with the National Highway Traffic Safety Administration, N.C. State Highway Patrol and numerous other state and local agencies. GHSP is best known for its public awareness campaigns, including "Click It or Ticket" and "Booze It & Lose It." For more information about GHSP and North Carolina's highway safety initiatives, go to [www.ncdot.org/programs/GHSP](http://www.ncdot.org/programs/GHSP).

## ***Rest Areas***

North Carolina's highway rest areas offer opportunities for convenient, brief stops and provide easy roadside access to public restrooms, drinking water and telephones seven days a week, 24 hours a day. Visitor centers and welcome centers are open daily from 8 a.m. to 5 p.m. Information about North Carolina's 60 rest areas, including photos, directions and amenities, is available at [www.ncdot.org/~restarea](http://www.ncdot.org/~restarea).